

THORNE

R E S E A R C H



CREATINE

DIETARY SUPPLEMENT

NET WT. 16 OZ. (452 G.)

Supplement Facts

Serving Size: One Level Scoop (5 g)

Servings Per Container: 90

One Level Scoop (5 g) Contains:

		% DV
Creatine Monohydrate (Creapure®)†	5g	*

*Daily Value (DV) not established.

Suggested Use: Mix 1 level scoop with at least 8 oz. of water, juice, or preferred beverage once daily or as recommended by your health-care or performance professional. Can be used 30-90 minutes before or after exercise.

Tamper Evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.

†This product uses AlzChem's Creapure®. Creapure is a registered trademark of AlzChem AG.



Certified for Sport®

Manufactured By: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com



SF903
LSF90302